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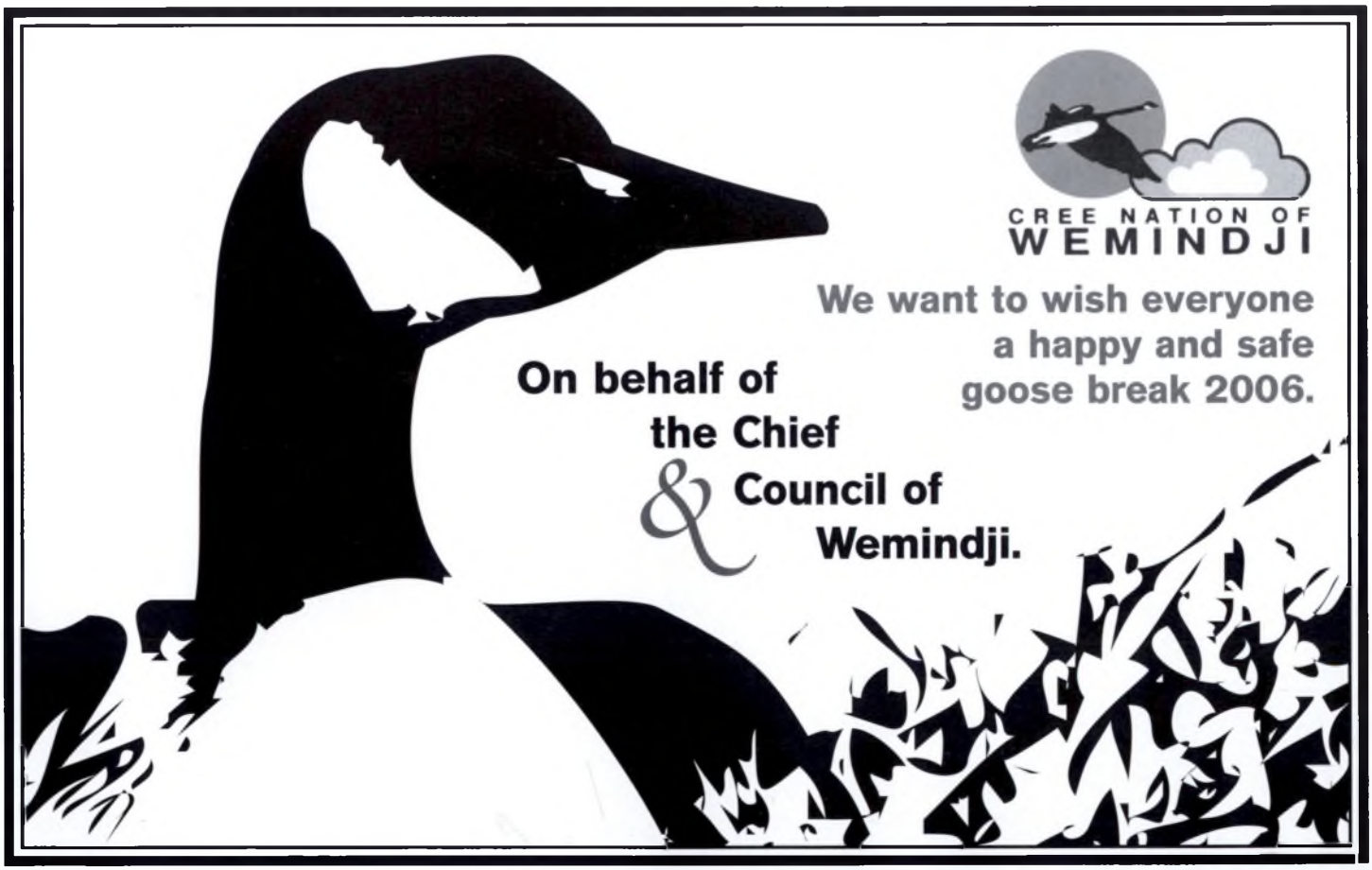

editorial

The new NHL offers lessons far beyond hockey

By Lyle Stewart

With about a week to go before the playoffs, this National Hockey League season has been a revelation.

Cynicism reigned supreme back in October as the players, badly outplayed by the owners in their contract dispute that wrecked an entire season, finally returned to the ice. But with new rules permitting faster and more offensive play, fans have been turned on once again by a sport that had become slow, bloated and boring.

It doesn't hurt that the Montreal Canadiens have iced a credible and often exciting team that, as of this writing, has won eight straight games in the most critical part of the season, all but clinching a spot in the postseason.

Most importantly, we've seen young, hardworking players win the spotlight. Young guys we've never heard of before, such as Christopher Higgins, have been a complete surprise for the Habs. Older guys like goaltender Christobal Huet have been given a chance later in their careers and shone. Without Huet and Higgins, in fact, it's difficult to image a playoff run for the Canadiens.

Elsewhere, Jonathon Cheechoo's inspiring drive for a 50-goal season (he has 48 at press time) is making him a superstar not only in the Cree world, but around the hockey world as well.

Even seeing Jaromir Jagr get back in touch with his scoring touch for New York doesn't bother me, because he's drawing fans to the rink wherever the Rangers play. Indeed, he's helped that team make the playoffs, likely finishing first in its division, for the first time since 1997.

The irony is that New York, like other big-money teams such as the Detroit Red Wings, have succeeded despite the salary cap imposed on teams this year for the first time. That demonstrates that while having an unlimited budget to outspend your opponents can help buy success, it is not necessary.

In the case of the Rangers, the argument could be made that too much money even hindered the team's success because buying superstars got in the way of the essential task of getting the players to play together as a team. While the Red Wings have always had lots of cash on hand, their success has come from solid coaching, smart draft picks and an irreproachable work ethic. That's why Detroit has continued to lead the league this year despite the salary cap.

There's a lesson there that goes far beyond the National Hockey League. It shows that bigger budgets alone do not ensure success, no matter the endeavour. Like the New York Rangers before this season, a company or an organization can fail at its goals regardless of the pile of cash it has on hand. Rich or poor, what does make for success is teamwork, smart leadership and good old-fashioned hard work.

Just look at our Habs. After Bob Gainey – Mr. Cool – took over behind the bench, he's inspired or frightened his players to buy into his system, play hard and with heart, and demonstrated that success will follow smart play. The fans will come along for the ride, too.

Bring on the playoffs, and Go Habs Go!

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Photo: Christine Stocek

Design: Martin Dubé

rez notes

Blowing in the wind

by Sonny Orr

Bob Dylan never really met any Crees, given his age and stature as a musician and entertainer, but his famous song is starting to ring true in Cree world. Another fluid dynamic is proposed to be harnessed by the Cree, not in a sail but in a rotating wing that churns a generator and produces electricity.

The windmill, a clever Dutch invention that pumped water out of the low-lying lands of Holland, (also known for a little boy who was historically known to use his finger to plug a hole in a leaking dam and saving his country as a result) is now being used to generate much needing cash from thin air.

This invention has somewhat taken the wind out of the sails out of the traditional methods of damming rivers to create much needed energy for the south, and in doing so, caused a stir in the stalwart halls of Hydro Quebec.

"How dare anyone else do what we do without our permission or consent?" rings out from the south. Sounds familiar doesn't it? Yet for Holland, the windmills were always situated right next to the dikes, pumping out the water from the land and back into the North Atlantic, and should be rightfully the same today.

History dictates that when the right to create one's own independence and ability to generate one's own wealth is awarded exclusive to one company, the price of things tend to go upwards. I say, let there be competition. Who owns the air anyways? Is it contained within a certain area, no, it tends to be everywhere. Maybe one day when technology and industry goes so far as to limit the amount of breathable atmosphere available to air breathers, perhaps buying air by the pound per square inch might become a reality. "I'd like to have two litres of water and 10 pounds of air to go, please" might accompany your Big Mac in the next century.

I like to think that all air is valuable and benefits should be maximized. It's the same philosophy that Hydro had when they looked at all the water resources, claiming that the rivers were just wasted energy. We could say the same: the kinetic energy of the air is being wasted, so let's tap into it. After all, most air from the south is contaminated and hazardous to your health. Why not sell air to the south with a bottle of water? After all, we all need air and water to stay alive, and we have both resources in abundance. When you put all your eggs in one basket, you take risks of having all your eggs broken or going rotten, so we should diversify our potentials for creating our own independent economy.

Suppose of all the windmills were up and put in place in strategic windy areas, would we then be outnumbered by propellers? Let's see now, three Cree per prop, .5 megawatts per child, and hopefully, enough money left over to pay the Hydro bill. Seems to me that everyone will benefit from this arrangement, except for a few blind birds that might mistakenly crash into a windmill. Hey accidents do happen, even to air route kill.

Maybe in the future during the spring migration, we just have to hang around the towering windmills and pick up the geese, partially dismembered, but still fresh, just like the hillbillies from the deep south, who depend a lot on possums, deer and the occasional farm animal who inadvertently wander the highways at night and get run over. In this case, it's the birds that do the crashing. But hey, geese are smart enough to fly around or over obstacles aren't they?

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Canada

Jurisdictional dispute pits Chisasibi against James Bay Municipality

By Steve Bonspiel

The James Bay Municipality (JBM) has issued a warning to Chisasibi's Cox family – halt construction on your winter camp; it's on land we're renting from the Minister of Natural Resources (MNR).

"It didn't actually explain why," said Josie Cox, a spokesman for his family. "It just said to stop construction."

The problem arose when the Cox family started to build a winter camp on their trapline, VC-4. They soon received a notice on one of the cabins telling them to desist, or face penalties. The camp was also part of a soon-to-be larger tourism operation that would attract visitors to a tourist-oriented cultural camp.

"It's the traditional territory of the Cox family," said Eric House, General Manager of the Chisasibi Business Services Centre, which is helping the Cox family set up their enterprise. "We're allowed to hunt and fish and build anywhere (in Eeyou Istchee). That's recognized in the James Bay and Northern Quebec Agreement."

"The Chisasibi Business Service Centre is helping them with funding through tourism Canada and trying to access information to start a kind of living cultural centre. They will be training people to learn the Cree culture and also cater to the tourism coming into the area such as wilderness walks."

The company is a newer version of Radisson's stalled Chiiaanu Tourism Company and will go by the same name with the same partner, Sylvain Paquin. There is no name for the cultural camp as of yet.

The issue was brought to Chisasibi Chief Abraham Rupert and his council and they passed a resolution in support of the family in the beginning of the year. A band council meeting after this issue went to press was to decide whether to mandate the Grand Council to look into the matter and help fight it as a Cree rights issue, not just a local one.

"It's better if it's given to the Grand Council because if we solve it, it would apply everywhere, it would not be just a single case issue," said Bill Namagoose, Executive Director of the Grand Council. "We'd take a panoramic view, not just one situation."

Cox said the issue doesn't discourage him. "It didn't bother me, I just figured I'm going to do what I have to do," he said. "No white man is going to stop me from building my traditional camp."

He speculated that the notice is a tactic of jealous locals set up to irritate Cree tallymen. "It's pretty unusual, I think it's intimidation and harassment. They think we'll get intimidated and do something illegal against them so they can do something legal against us. We've had a lot of incidence of harassment with the non-natives."

"In one incident, a helicopter last week flew very low over the camp. The vibration took down a panel on one of them and the chimney got ripped off," he said. "For some reason they were hovering over the camp for quite a while," said Cox, who added he has obtained the name of the pilot and is looking into what can be done.

"In another incident, someone shot through the window (with a gun). It's a good thing no one was there or someone would have got hurt," said a frustrated Cox.

Serge Fortier, Municipal Inspector for the James Bay Municipality, said the JBM is renting the land from the Ministry of Natural Resources. It used to be a campground called Camping des Pins. It has since been torn down, but the JBM retained the rights from the MNR to use the land.

"We would be willing to let the lease go on the land, but we have not talked to the Cox family," said Fortier. He told the Nation that the JBM pays $239.27 annually to the MNR for the former site of the Camping des Pins (about 6,000 square metres).

It is on the Cox family trapline but the Ministry of Natural Resources can and has issued permits for these types of activities, without the consent of the Crees. They've also issued permits to non-native hunters, or squatters, as they are known, against the wishes of the Crees. It is a grey area that has not been addressed by the Grand Council until now.

"This is a test case," said a Cree source with knowledge of the conflict. "It will help us to sit down and negotiate with Quebec if we have an actual case to use as an example."

JBM's Stephane Simard, Communications Director told the Nation that the lease ends on May 31, 2006. "We will let go of the lease on May 31 if the MNR allows," he said. "There might be a problem because there is already infrastructure on it, but we'll see what the MNR says." He did not clarify what the problem would be.

continued on page 7

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James Bay Municipality to Crees - continued from page 5

He considered the matter closed, pending verification from the MNR. "Our Inspector was just doing his job when he put the notice up last fall," said Simard.

Chisasibi Business Centre's Eric House said that whatever the case, it's interfering with business. "We're trying to start a tourism company called Chiiaanu on their territory," he said. "We put together a few people, mainly Sam Cox, Josie Cox and Sylvain Paquin, who's helping them with logistics. We're already going ahead."

The Cox family has done everything to the letter up till this point. "There was an old SCNO (Société de conservation du Nord-Ouest) camp on kilometre 551 on the highway. The band bought it for $25,000 from them and they in turn purchased it from the band," said House.

Cox said that the family has talked to a lawyer and will not tolerate harassment on his trapline any longer. It's bad enough he said, that there are 21 squatters' cabins on his family's traditional land and no one seems to be doing anything about it.

"There are a lot of non-native camps going up on Duncan Lake," he said. "It was mentioned at a general assembly to the Grand Council. Nothing was ever done. I told them I think it's time we do something about the invasion of non-natives onto the traditional traplines. Eventually we'll be so overwhelmed we won't be able to do anything."

Grand Chief Matthew Mukash said his council is in full support against any new squatters' camps. "A supreme court decision a few years back said that any developer must get consent to build from the Aboriginal people. The government (or individuals) has 'a duty to consult and accommodate' are the terms the Supreme Court uses."

As far as the notice put on the camp by the JBM, Mukash was not swayed. "We have a say in what happens within our territory whether it's development or laws that apply," Mukash affirmed. "We need to sit down with the Quebec government to scope out the extent of these problems and move to find a solution."

"There is a question as to the powers of the James Bay Municipality to enact laws on category three lands," he continued. "That has yet to be tested in the court. The Cox family needs our support and if we have to go to the courts to decide who has the authority over the area in question, we will."

Grand Chief meets with Premier Charest

Great Whale to stay off the table

By Steve Bonspiel

For the first time since his election last September, Matthew Mukash met with Quebec Premier Jean Charest.

The meeting at Charest's Montreal office on March 24 went well, according to Mukash. "It was more than I expected," he said. "Because of my past positions on Great Whale and hydro electric development in general, Quebec was understandably nervous. Their reaction to my election was one of uncertainty and they were well aware that I had problems with the proposed Rupert River diversion. I think this meeting has clarified a lot of the points."

The meeting allowed Mukash to reiterate his position that if the diversion doesn't go through because of environmental concerns, then Quebec should forget about diverting the Rupert River once and for all.

"The first question they asked me was my position on the Paix des Braves and the EM1A Rupert River Diversion. We told them that the Paix des Braves was passed through a process of approval by the Cree Nation. That there was a referendum and the new leadership was bound by the decision of the people," Mukash told *the Nation*.

"With respect to EM 1A we told them it was part of the Paix des Braves Agreement and the leadership will respect the assessment, because we understood that although there was consent for the project, it's still subject to section 22 of the JBNQA on the environmental impact assessment.

"It was the same thing with Great Whale. They spent $400 million on the impact assessment and it didn't go, so I suppose if it doesn't go that they'll have no choice but to respect that."

Mukash said he told Charest that former Grand Chief Ted Moses had also made it clear the proposed diversion has to go through the assessment. "That's the risk Quebec took in signing the Paix des Braves," he noted.

According to Mukash, Charest agreed to look at the outstanding files addressed by the Cree leadership. These files include the Oujé-Bougoumou land contamination issue, Cree regional police, the Whapmagoostui access road and wind energy, among others.

The Washaw Sibi land allocation and recognition issue was also brought up, though Mukash said that is a federal issue since it was Canada who moved the Washaw Sibi people in the first place. Once Canada makes a firm decision, however, Quebec will follow suit and support the people of Washaw Sibi, Mukash said.

"On every point, he said that they would of course support the Crees in these files," said Mukash.

Great Whale has been bandied about over the years, especially since Charest took power. Charest told Mukash that their energy policy is going to be released some time this month and that Great Whale is not a factor in determining the energy policy. He also added that Great Whale was not going to be an issue under his leadership.

"It came up three times during the meeting where he said Great Whale was not going to be considered for the future," Mukash stressed.

Those present at the meeting included the aforementioned Deputy Chief Ashley Iserhoff, Abel Bosum, Cree-Quebec negotiator, Geoff Kelly, Indian Affairs, Pierre Corbeil, Minister of Natural Resources and Daniel Bienvenue, who is a member of the standing liaison committee, among others.

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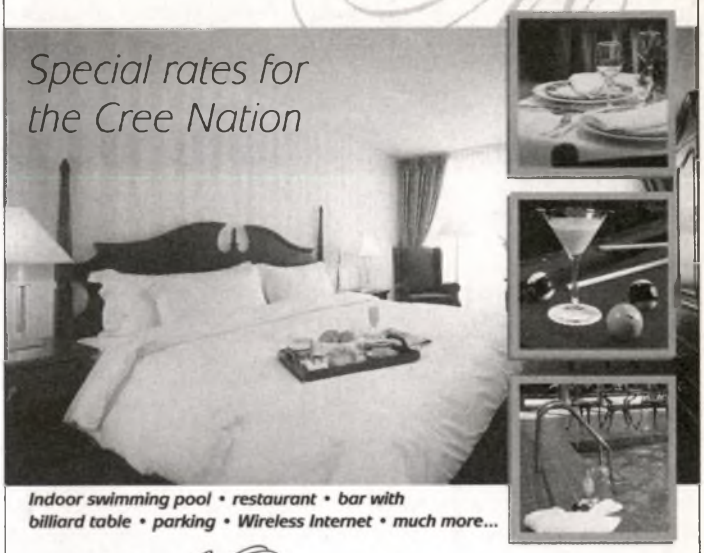

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Building bridges through basketball

Cree youth visit TO for Raptors games and boost to self-esteem

By Steve Bonspiel

Toronto was the latest sports scene for the Cree youth of Eeyou Istchee as they attended two Raptors games and opened their eyes and minds to a wealth of southern delights.

In all, 27 youth and 24 adults from seven communities traveled to Toronto March 28 to April 1 to catch two Raptors games and soak in the city of Toronto. They ranged in age from 11 to 17.

"It was absolutely one of the most phenomenal trips," said Gord Hudson, Director of Youth Healing Services in Mistissini and the main organizer of the trip.

The kids had a very busy itinerary in Canada's largest city. Shaquille O'Neal of the Miami Heat and Canadian Steve Nash of the Phoenix Suns gave them inspirational speeches. "It's one thing when you have someone telling them education is important, but when they've got Steve Nash and Shaquille O'Neal telling them that, it's a different story," said Hudson.

In what sort of turned out as the side story, the Miami Heat beat the Raptors 98-94 on March 29. Nash's Phoenix Suns thrashed the Raptors 140-126 on March 31.

The trip was an eye-opener of many sorts. "I really wanted to get the kids used to other cultures so I invited a group called Leaders for Life from Ottawa," he told the Nation by phone. "They work with at-risk youth between the ages of 13 and 18. We paired them up and I asked them at the first breakfast to find out one thing about each other. They did and they exchanged emails and have been communicating that way already."

Paul Dennis, the Maple Leafs Player Development Coach, made a speech about low self-esteem, alcohol and drugs and underage sex amongst other topics. The kids were very receptive and asked a lot of questions. They opened up quite a bit, despite the seriousness of the topic.

At one point, they huddled at centre court on the Raptors floor to take part in their "Read to Achieve" incentive. One 13-year-old kid told them he couldn't read, so former Raptor Jerome Williams took him aside for a private teaching session. After that, the kid told Hudson he wanted to learn to read, so they agreed that they would make arrangements to get him a tutor to teach him.

"Just seeing that kid come up to me and telling me he wanted to learn to read, made my whole trip," said Hudson. "It told me we are doing things right."

Another highlight of the trip was Raptors player Pape Sow. He and a host of others, including Team Canada coach Jay Triano, put on a mini basketball camp. He told the kids his story of how he had to leave his family back in Senegal for many years and how he was so poor he had to wear the same clothes for six months. The Director of Player Programs said it was the most he's said since he's been with the Raptors.

A direct offshoot of this trip is a regional basketball tournament September 7-10 in Mistissini. Some players and coaches are going to fly in and act as guest referees. During that weekend they will put on basketball clinics to sharpen the kids' skills and introduce the game to more youth.

They're also going to try and start a few recreational leagues in Eeyou Istchee. Basketball Canada has funds available to promote the game in new locales.

The idea came to Hudson one day last year and it wasn't long before everything was set in motion. "I realized that people up north were really into basketball," he said. "I made a phone call and Rob Babcock, the Raptors former General Manager, called me back and it was put into motion."

The kids were asked to raise funds for the trip and they didn't disappoint. Fundraising activities included breakfast brunches and delivering lunches at $10 a plate within the community. The kids also made moose mitts to sell, put artwork up for auction and they cut nine cords of wood for the elder's home. Hudson also wants them to write about their experiences.

He added that without the tireless efforts of Gloria Coon Come, Geneva Voyageur, Emily Wash and Maria Macleod, this trip would not have been possible. The ladies were instrumental in organizing the fund raising activities and the trip.

"I also wanted to thank the Toronto Raptors for the dedication they're showing for the betterment of youths' lives," said Hudson. "You could tell that the change this trip made for these kids was just amazing.

"They learnt that anything is possible. Steve Nash is only 6'1" and he never played basketball until he was 13, yet he was the NBA MVP last year. No matter how big your dream is, anything's possible and they realized that in Toronto."

Making the past part of the future

by Christine Stocek

Congratulations are extended to the Wemindji Investing in Traditional Skills group for their recent award from the Canada Council for the Arts. The group received a research grant in Aboriginal Traditional Art Forms funded by the Visual Arts section of the council. The award recognizes the group's efforts to revitalize the construction of folded spruce bark baskets and to regain and expand their knowledge of Native design and patterns applicable to their work with moose hide.

In 2001 in the Cree Nation of Wemindji, traditional artists formed the group Investing In Traditional Skills which is known for their expertise in working with traditionally handcrafted moose hide making moccasins, mukluks, gloves, mittens, and walking out ceremony outfits, as well as weaving snowshoes and constructing folded spruce bark baskets. They produce quality beadwork and are recognized for their embroidery. The high quality of Cree moose hide tanning processes that produces a soft and supple hide lends itself to the beautiful results the group achieves embroidering on the hide. 'Skills' uses traditional patterns and designs, creates contemporary images and draws on motifs from popular culture. The group consists of six women from diverse generations: Josephine Atsynia, Beatrice Cheezo, Marlene Matches, Delores Blackned, Marlene Georgekish and Annie Saganash.

The women learnt their traditional skills by watching their mothers and other Elders. Annie enjoys telling the story of how she snuck her mother's moccasin and took it apart in order to learn how to sew it back together! Retired Cree Culture teachers Daisy Gunner, Margaret Bearskin and Edith Visitor also taught several members of the group many of the skills they practice today. The late Isabel Mayappo, Mary Asquabaneskum, Emily Georgekish, Mary B. Georgekish and Charlotte Visitor, all from Wemindji, have contributed greatly to the community's collective knowledge and skills through their efforts to teach and pass on their wisdom.

Investing in Traditional Skills is concerned with regaining and practicing Cree traditional skills. They make conscientious efforts to think through and pursue the ideas of their younger members in order that Cree traditions maintain a living presence in today's society,

yet reflect the values from which they flourished. At the request of one of the younger members, the group began to research how to make spruce baskets particular to the region. They had discovered a picture in an Indian Affairs catalogue and had seen a spruce basket in an Elder's home. Although several Elders described how to construct the baskets, very few could actually remember making them themselves. Working closely with those Elders, the group discovered enough stories and information to start.

For the first time in a long while bark and roots were collected to construct baskets in the community. The group is delighted with the results and encouraged to continue to develop its skills. The baskets have been accepted at the Canadian Guild of Crafts and at the McCord Museum boutique for sale, but the best reward has been the appreciation displayed by the community. Last spring adults and children alike were often found with their noses pressed against the workshop windows while they watched the group clean roots, scrape and fold bark as the artists worked with the materials and the baskets took shape.

Listening to Elders speak about the baskets and their different uses, the group realized that these traditional purposes required a variety of forms necessitating handles and lids. When necessary the baskets were used to store or bury a cache of food for future use. Unfortunately, to date the group has not been successful regaining sufficient local knowledge and has encountered difficulty in mastering the techniques required to practice these older ways. Several Elders have reached an age where communication of detailed information has become too difficult. If any readers wish to share stories concerning this knowledge, please contact the group.

Annie has noted that the functional ways of working with hide that she learnt in the bush, like those skills used to construct baskets, were quite different from the more decorative forms she sells in town today. The Aboriginal Traditional Art Forms grant is supporting the group in their endeavor to pursue this knowledge. In order to speak with other knowledgeable Elders, the group will make two trips, one to Eastmain and one to Chisasibi, where geographically the environment supported the construction of folded spruce bark baskets. The group is also planning to source bark from areas under development where spruce trees have been marked for deforestation.

OUR SINCERE APOLOGIES

A very big Meegwetch to those who attended the preliminary screening of the film THE LAST WALK on Saturday March 25 at the National Film Board Theatre in Montreal.

We had planned to offer refreshments following the screening and this delivery was reconfirmed by Montreal staff March 24. Unfortunately the caterer (whom the Grand Council has done business with for 10 years) did not show up. We sincerely apologize for being unable to offer refreshments to those attending, especially the Elders and others who traveled from their communities.

Please note that the official opening of the film will take place shortly after goose break in Mistissini, Nemaska, Eastmain and Waskaganish. We look forward to seeing you there!

Blazo Voyaqeur, ACHP coordinator

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A special research trip has been organized for the first two weeks of April, when the group will travel to Montreal and Ottawa. There they will take a three-day course researching basket construction with Atikamekw birch bark artist Edmond Dubé at the Montreal Native Friendship Centre.

They will also visit the ethnology collection and take a moose hide tufting workshop with Delores Contre-Migwans at the McCord Museum. Diana Perera from the Canadian Guild of Crafts will meet the group to speak about the guild's history. The group sells folded spruce bark baskets and traditionally tanned moose hide clothing and tools at both the McCord Boutique and in the Guild's gallery.

In Ottawa, at the Canadian Museum of Civilization, with help from John Moses, Assistant Curator Artic & Woodlands Ethnology, the group will have the opportunity to study, document and sketch patterns from baskets and ornamentation from traditional clothing. John Moses feels this is significant, as the group will view objects that Cree people may not have seen since they were collected.

As one of its objectives, Investing in Traditional Skills hopes to reclaim and revitalize Aboriginal women's traditional designs and inspire contemporary work. Marlene feels this work is important because she wants to carry on her Cree traditions - this is what she does. Reviving skills, such as basket making and moose hide tanning, once necessary for the quality of life experienced in the bush within the contemporary community setting is another objective for these artists who wish to see their Youth continue Cree traditions.

Josephine really loves sewing and working with beads. She wants to keep the traditional practices going and wants to pass them down to her children. While they try to save some work for sales in towns further south, the group consistently sells out in their own community.

At the end of the day Beatrice, despite working full time with the group, continues to sew at home making mittens, gloves and other items for the people in the community. In Wemindji, interest in traditional art forms is strong. For example, Delores's work is very important to her; it has been her main occupation since she was a girl. The community's Elders enjoy seeing their knowledge and skills passed on, often delighting in the contemporary forms the group's creativity has produced. Investing in Traditional Skills believes that the values that support traditional Cree art forms are key to Cree culture and its continued relevance in contemporary life.

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The Big Bird Virus Epidemic:
Cautionary Advice for a Happy Hunting Season

By Amy German

Avian flu is the talk of just about every media outlet and family dinner table these days. Yet with the all the buzz surrounding Avian flu or the particular strain that has everyone so concerned, H5N1, it's hard to know what the facts are and even harder to assess what kind of threat this virus really is to Canadians.

Still, those who hunt fowl should take some precautions, says Aggie Adamczyk, spokesperson for the Public Health Agency of Canada.

"Persons who are handling wild birds should follow routine hand washing and safe food preparation practices," said Adamczyk. That includes disinfecting surfaces, being careful to avoid cross contamination between other food products, keeping raw meet away from other food utensils and thoroughly cooking all wild birds prior to eating.

"We do not have H5N1 in Canada or North America yet but it may arrive here," Adamczyk added, noting this virus has been unpredictable, appearing across Asia and Europe at different points. "If you see a dead bird, it's probably not a good idea to handle it."

The fear with H5N1 is largely that the virus will mutate into something larger like "pandemic influenza," a virus that could be transmissible from human to human as opposed to bird to human. Says Adamczyk, "Nobody really knows if H5N1 will be the strain that will spark the pandemic but we will certainly be watching the situation closely. We do know that a small number of people, who have had close contact with poultry, got sick."

Still, Adamczyk insists that if you are going to go hunting, you may want to have a look at the guidelines put out by the Canadian Wildlife Service's National website. Among the tips for hunters:

∑ "Avoid direct contact (skin or mucous membranes of the eyes, nose, and mouth) with blood, faeces, and respiratory secretions of all wild birds."

∑ "Do not eat, drink, or smoke while cleaning game."

∑ "Ideally, wear dish gloves or latex gloves when cleaning game."

∑ "Wash gloves, hands, and clothing with soap and warm water immediately once you have finished processing game."

∑ "If you become ill while handling birds or shortly thereafter, see your doctor. Inform your doctor that you have been in contact with wild birds."

∑ "For public health reasons, people who frequently handle wild birds should consider annual vaccinations against seasonal human influenza. This will not protect people from avian influenza, but it will reduce the likelihood of a person becoming infected with both human and avian influenza strains simultaneously. This reduces opportunities for viral reassortment and mutation that would allow a highly pathogenic avian influenza to become a highly pathogenic human influenza."

The best strategy against both the virus and the hysteria surrounding the virus is to arm one's self with knowledge. For those who would like to dig a little bit deeper into the subject matter, go to the Canadian Wildlife Service's national website at: www.cws-scf.ec.gc.ca/nwrc-cnrf/default.asp?lang=en&n=FAD35B22.

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Tour of the Cree communities
Eastmain – Waskaganish – Wemindji
March 27-28, 2006

We wish to thank Mr. Jamie Moses from Eastmain, Mr. Hugo Hester and Mrs Doris Small from Waskaganish and Mr. Mark Wadden from Wemindji for their warm welcome and the hospitality of the people during the visit of a group of business people in their community.

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In order for the Centre to grow and respond to the needs of Native people in transit or now residing in town, we need your help to see where the Centre needs to go.

The Cree Indian Centre of Chibougamau invites you to take the lead during a radio call-in show in collaboration with CBC North on May 16th from 12 pm (Noon) to 1 pm.

Also keep an eye out as invitations to participate in the consultation which will take place May 29 & 30, 2006 will soon be sent to your communities.

Join us as we grow to meet your needs

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PS: The Centre is launching a Goose Break Photo Contest to be held over Indian Day festivities.
So get out your cameras and shoot some photos as well as geese!

WILL on the GRILL

by Will Nicholls

It's a dirty job, but someone has to do it, they say. This year I returned to the Salon des Vins et Spritueux de Montreal bringing along that noted Cree connaisseur of fine wine and great scotche, Don Nicholls.

One of our first stops was at the Diageo table to look over scotches. Diageo had brought out Johnny Walker but we were after a taste of the classic single malt scotch. First taste was a 16-year-old Lagavulin that was intense. The shear pungency of the peat taste is not for beginners. Try it after you've gotten to like scotches and you'll do fine. A more popular 14-year-old Oban was the classic Highlander scotch that most people like. It is a sweet dry tasting scotch that leaves an oak taste in the mouth. You can't go wrong with this choice. As far as spirits were concerned this was perhaps my pick of the Salon.

Another first for the Salon was the food. There were fantastic chocolates from Genevieve Grandbois. Amazing tastes that will go well by themselves or with a nice Porto. Speaking of which, Cockburn, did not make a bad showing with their selection of portos.

A nice choice for spring and summer would be Quebec's own Intermeil Benoite. It is made of citrus, fruits and honey, giving it a very nice taste. This one would go good with fish, goose or duck dishes. Another one of the honey wines I particularly enjoyed was the Honey and Raspberries. This is a light and fruity drink that will go well on hot summer days. I was told if you add mashed raspberries or even blueberries and let it set for 12 hours in the fridge. The resulting drink is called Summer Delight.

Another Quebec specialty, Apple Ice Wine, was outstanding this year. Try the Neige Eternelle with some fois gras. I did and was in heaven.

A drink I see becoming popular is Tequila Rose. Even though this drink is the colour of Pepto Bismo the strawberry taste will appeal to most palettes.

All in all the Salon was a experience not to be missed. You get to try out new wines and other drinks without buying the whole bottle. It is a great and inexpensive way to find your next favorite drink or chocolate.

Maple Mustard Moose Roast

This is a little something my brother Don and I came up with when we were at home. Mom and Dad had a nice piece of moose meat. We had Meechum's butcher cut the moose up and came out with three nice roasts and some hamburger. Mom had picked up some maple products and we were intrigued with cooking possibilities. The resulting roast was a true delight for the tongue. The pork fat was added as sometimes moose roast can dry up.

Recommended with the roast

5 lb or more moose roast
thinly sliced pork fat (can substitute bacon)
1 large onion
3 cloves garlic
maple mustard
dry mustard
1 teaspoon parsley

The pork fat should only be enough to cover a small portion of the top of the roast.

Smear maple mustard over roast.

Lightly sprinkle with dry mustard. Sprinkle with parsley.

Sprinkle roast with cut up onion and garlic.

Put in oven preheated to 375 F for one half hour.

Lower temperature to 325 F, add potatoes, onions, carrots and whatever vegetables you like and cook for another three hours.

Hot Garlicky Breasts

These are quite easy to make and come highly recommended. During a special AGA in Waskaganish I gave two chiefs a sample of my Hot Garlicky Breasts. Chief Robert Weistche said they were fantastic and Chief Abraham Rupert gave "Will on the Grill" two thumbs up for the experience.

5 chicken breasts
4-5 cloves of garlic
garlic salt
cayenne pepper
buffalo wing hot sauce

Peal and strip garlic cutting into slices.

Make small cuts into the breasts (about four per breast) inserting a slice of garlic into each cut.

Sprinkle garlic powder and cayenne pepper over breasts.

Put buffalo wing hot sauce on breasts and let marinate for about three hours.

In a covered roaster put in oven at 325 F for 45 minutes to an hour depending on size of breasts.

Yukon Gold Potato Gratin

1 1/2 pounds Yukon Gold potatoes, peeled, sliced 1/4 inch thick
1 medium yellow onion, thinly sliced
butter, unsalted
salt and pepper, to taste
1 cup grated Gruyere cheese, about 4 ounces
2 ounces freshly grated Parmesan cheese
2/3 cup heavy whipping cream

My sincerest congratulations to the 2006 Graduates of Sabtuaan Continuing Education in Whapmagoostui on the success of their recent accomplishments.

Eliza Kawapit (Masty)
Lillian Rabbitskin (Sandy)
Joseph George
Simon Kawapit
Norman Mamianskum
Paul Atchynia
Sinclair Gilpin
Richard Tookalook

From Grand Chief Mukash
& the GCCEI/CRA

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Preheat oven to 375 F.

Combine the potatoes and onions in heavy large saucepan, cover with water and bring to a boil. Reduce heat and simmer for a few minutes until potatoes are just tender. Do not overcook as you still have to bake them. Drain the mixture well.

Put half of potato-onion mixture into a very lightly buttered 11x7 inch glass baking dish. Sprinkle with salt and pepper. Sprinkle mixture with 1/3 cup Gruyere cheese and then 1/4 of the Parmesan cheese.

Arrange remaining potato-onion mixture atop cheeses. Pour cream over. Sprinkle with salt and pepper. Sprinkle the remaining Gruyere and Parmesan cheese.

Bake uncovered until cream thickens, about 25 minutes. Remove from oven. Preheat broiler. Broil gratin until top is golden, about 2 minutes.

Asparagus and Crab Salad

This salad is great and you can substitute cooked and diced chicken or duck for the crab. Use one and a half cups if you substitute. It is one of those meals that will help give you a healthier lifestyle without sacrificing taste.

Dressing:
2 tablespoons olive oil
2 tablespoons rice vinegar
2 tablespoons sugar
1 tablespoon orange juice concentrate
1 tablespoon lime juice
1 tablespoon dark sesame oil

Salad:
2 cups cut-up fresh or frozen Michigan asparagus
12 ounces crab meat (fresh or canned) or imitation crab
1 (10-ounce) bag lettuce mix
1 cup 1/2-inch pieces cantaloupe
1 cup sliced seedless cucumber

For Dressing:

Combine all ingredients; mix well. Set aside.

For Salad:

Steam or microwave asparagus until tender-crisp. Drain and let cool.

Cut crab into bite-size pieces. Combine asparagus and crab in large bowl, add lettuce mix, cantaloupe and cucumber. Toss gently.

Pour salad dressing over all. Toss to evenly coat. Serve immediately.

in brief

JBNQA trumps CEA Quebec Superior Court

The Superior Court of Quebec has ruled that the Canadian Environmental Assessment Act is in violation of the James Bay and Northern Quebec Agreement.

In a lengthy decision handed down April 3, the Superior Court affirmed the Crees' constitutional right to "fully participate in the management, control and regulation of the development of the territory." The ruling went on to say that the JBNQA trumps any and all federal or provincial laws.

Since CEA Act does not take into account Cree rights and fails to recognize the special status of Crees within Eeyou Istchee, it is inapplicable in northern Quebec.

"We are extremely satisfied that the court has agreed with us that the CEA Act violated our treaty right," Grand Chief Matthew Mukash said in a press release. This decision strongly reaffirms the principle of the prevalence of our treaty rights in the James Bay territory, as well as our guaranteed participation in the management, control and regulation of all development throughout the territory."

In the past, Canada has forced the Crees to live under the CEA Act. With this decision however, Canada will be compelled by the Superior Court to abide by the JBNQA guidelines.

Cree woman wins 'Loft Story'

The hugely popular Loft Story, based on the reality series from France of the same name and shown on Télévision Quatre Saisons, has produced a winner after 63 days of being on air – and surprise, she's Cree!

"I feel weird," Stephanie Belanger from Ouje-Bougoumou told the Nation by phone. "We've been in the loft for 63 days and it's hard to realize it's over. But I did it! Yay!"

The 29-year-old lives in Montreal and thought she was a long shot at best, especially after the TV show called her sister and not her.

"I saw ads on the Internet for it and I thought why not? I sent in my bio and so did my younger sister. They actually contacted my sister to tell her they wanted me."

She applied for Loft Story in October and they started filming January 29. They wrapped everything up on April 2.

In all, 13 people participated in a series of games and Fear Factor-like eating feats. Guys and gals alternated each week to see who would be kicked out or not.

For her troubles, Belanger, who used to work at the Public Information Office in Montreal, received, amongst other prizes, a trip to Mexico and the Dominican Republic, clothing, jewelry, a DVD player and a leather jacket.

But that's not all, for winning the inaugural edition of Loft Story; she also received $50,000 cash and a new Ford Focus. She says she will give some of her winnings to the Mira Foundation and Sainte-Justine's hospital.

One of her tasks on the show included eating jalapeno peppers. "It was crazy, but I went all the way," she said.

Each week, viewers chose between a male or female contestant on whether they should stay or go. Belanger was on the bubble three times, but each time her personality came though and she was saved for another day.

"I was being myself. That's what people told me, that I was really human and really sociable. They said it was touching."

She says she hopes to keep in touch with some of the cast members. "It's like in everyday life, I didn't get along with all of them. But I did make good friends with this beautiful Italian girl Elizabetha."

The sky is the limit in terms of her future. "I'm going to try some acting courses and maybe some interior decoration courses."

She said one time during a task that pitted herself against another girl, she took the girl to task on how she was isolating herself and spending too much time with her boyfriend. She spoke to her in Cree and because of that, her approval ratings went up.

"Meegwetch if you helped me in any way. It was really, really nice and I appreciate it a lot."

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HI BELLA. THIS IS JULIE AT THE DENTAL CLINIC. I'D LIKE TO TALK TO YOU ABOUT YOUR DIABETES...
I'LL COME IN TOMORROW. BUT I DON'T UNDERSTAND WHAT MY DIABETES HAS TO DO WITH MY TEETH...
THE NEXT DAY...
WAACHIYA BELLA. DIABETES CAN AFFECT YOUR TEETH AND GUMS IN VARIOUS WAYS.
SO THAT'S WHY MY GUMS HAVE BEEN BLEEDING, AND IT HURTS WHEN I EAT.
AS YOU KNOW, IF YOU HAVE DIABETES YOU HAVE TO BE EXTRA CAREFUL ABOUT WHAT YOU EAT...
... IF YOUR TEETH AND GUMS ARE SICK, IT'S HARDER FOR YOU TO EAT HEALTHY FOODS
WITH DIABETES, YOUR SALIVA DRIES UP, INCREASING THE RISK OF CAVITIES AND INFECTIONS IN THE MOUTH...
THAT'S WHY MY MOUTH IS DRY ALL THE TIME!
DRINKING LOTS OF WATER WILL HELP!
A FEW WEEKS LATER...
HEY, THIS APPLE TASTES GREAT, AND IT DOESN'T HURT MY MOUTH TO CHEW IT!
BRUSHING MY TEETH GENTLY AFTER MEALS WAS A GOOD IDEA!
PAAHPIHKWE!!!!

Conseil Cri de la santé et des services sociaux de la Baie James

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Cree Board of Health and Social Services of James Bay

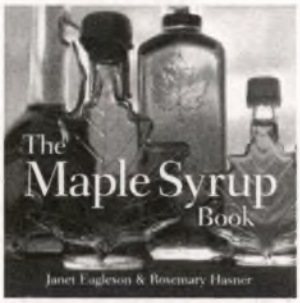
The dog's ear

The Maple Syrup Book

by Janet Eagleson and RosemaryHasner

Firefly Book Ltd.

Book Review
By Linda Ludwick



"The origins of this liquid gold come from so far back that the earliest tales of it come from the magic of Native stories passed down in the oral tradition from generation to generation" - from chapter one

This nicely photographed book is great for the whole family. If you like maple syrup you'll love this book. It is sweet!

The Maple Syrup Book is an enlightening read comprised of different North American Indian legends about how maple syrup became valuable and magical. The maple sap is still one of nature's mysteries. Important to pioneers, techniques and tricks were passed down from generation to generation.

In a comparison of popular sweeteners, maple syrup has one of the lowest calorie counts per tablespoon. Great news for my diet! I am a big fan of this syrup, using it in my daily recipes to replace sugar. I add a little to my basic oil and vinegar, pasta sauces, BBQ sauce and Asian food recipes.

Aside from being lower in calories than other sweeteners, the book tells you that it is a rich source of calcium and other minerals and vitamins. Apparently it has a higher calcium content than milk.

The book contains various recipes using maple syrup as a main ingredient and as a sweetener and explores important notes on cooking with it. There is a great recipe for maple salmon that can be used with almost any fish. I almost ate the photograph. I can't wait to try it in the smoker.

Learn about the ancient history of the production and uses of this wonderful golden syrup. Identify different maple trees and even learn how to make your own. Pick the tree, get the supplies, tap the tree, collect and boil the sap, filter and bottle. Enjoy.

There a number of grades of syrup that better withstand the heat of cooking. The grade is determined by the amount of light that passes through it.

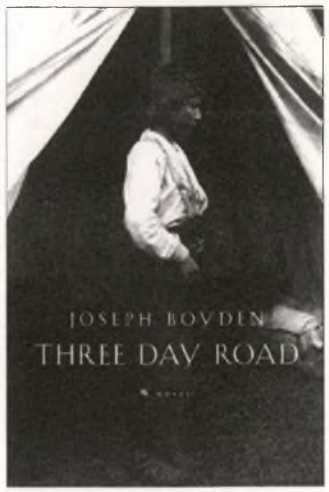
I never knew there was so much to maple syrup until I read this book.

Three Day Road

Joseph Boyden

Penguin books
ISBN 0670063622

Book Review
By Ernest Webb



What if the qualities of a good hunter were twisted so much that it made the man turn windigo? That is what happens in joseph Boyden's novel *Three Day Road*. A Windigo, or in our case, Ajaan, is someone who has a taste for human flesh. Once a person is known for that, traditionally the person must be killed for the sake of the community.

The year is 1914 and the First World War rages. Some of our boys take up the call and enlist. Years later, in 1919, Xavier returns with only one leg and his innocence taken away and just enough morphine to last him a couple of days. He comes home to his auntie Niska in Moosonee / Moose Factory. In the story she picks him up at the train station. On their return to home they have to paddle three days back.

Three day road also refers to the journey one makes after they die. In those three days Niska tells Xavier the story of how their family came to be windigo killers. In turn Xavier tells of his experiences on the battlefield with the friend he left behind. Elijah. The story tells of a part of our history that hasn't been told too much. It tells of the very real horrors of war and the ways people coped.

Unfortunately, one of the ways was to get high on the morphine that was used as a battlefield medicine. As partners, the talkative Elijah and the quiet Xavier made a name for themselves on the battlefield as expert marksmen. Able to slip in to no mans land at night "to hunt for Fritz," they get a reputation throughout the army. Even their comrades cast a weary eye on them.

More and more they fall into dark ways. To survive they harden. They summon their hunting instincts and adapt it to the situation at hand. There were a few proud moments for me throughout the book. One of them was when they met some other soldiers to which the talkative Elijah announces, "We are James Bay Cree."

Right then a feeling pride came through me. I was proud of what our people gave to the war effort. Then their painful downward spiral starts. Xavier recounts to us their steps into darkness. The morphine habit that takes his friend Elijah turns him into someone he doesn't recognize. I could just picture Elijah as the talkative one the one who gets all the credit for their exploits out in "no mans land" because he's the one who tells the stories to all the other soldiers. Then more and more Elijah relishes being out there. He regards the outings as a hunt, his reality gets twisted to the point where he asks Xavier to, how we say, midin-saawaa or to burn the shoulder blade to divine where your hunt is. Unfortunately, it was the shoulder blade of a German.

All the while Xavier tells us his story the old woman Niska recounts her story to Xavier. Even if she thinks Xavier can't hear through the fog of the morphine she continues anyway. He managed to stay away from the stuff until he got wounded and needed morphine to keep the pain away. She tells of a culture invaded. It is a side also seldom seen. A girl who grows up out in the land her family refusing to move into town but risking starvation to stay free. She tells of the struggles the people faced when the move to the towns were a necessity to keep from starving. This book opens chapters of our history seldom seen and is highly recommended.

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The Nation

Cover date on magazine	Volume & Issue No.	Deadline to receive ad material
	2006	
April 28	13-12	April 14
May 12	13-13	April 28
May 26	13-14	May 12
June 9	13-15	May 26
June 23	13-16	June 9
July 7	13-17	June 23
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UNDER THE NORTHERN SKY

The Land of the Mushkego

by Xavier Kataquapit

There is a reason why my people are called the Mushkego Cree. We reside on the James Bay lowlands, a region that starts about 100 kilometres from the western coast of James Bay. This region stretches from Hudson Bay in the north and down to the southern tip of James Bay. This western area is mainly flat land with few high points or rock outcroppings. We consider it special to be able to find an area of sand or rock anywhere along this part of the James Bay coast. The eastern portion of the bay is more rugged and filled with hills, rock and sand.

The name mushkeg is a traditional Cree word describing the geological conditions of the area. When we head out to Mushkegok, it generally means we are heading out on the land amongst the woods and wetlands. Other Cree words are used to describe when one is going out to the tundra, the bay shorelines or a major river.

We recognize ourselves from the James Bay coast as the people of the Mushkeg. We translate this as Mushkegowuk, a contraction of sorts that combines the words Mushkeg and Ininiwuk (the people). A short form of Mushkegowuk that is common is Mushkego. There are variations to the word. Many traditionalists use the word Omushkego instead of Mushkego. Omushkego comes from an older form of the Cree language that was used generations ago.

The western James Bay lowland is a unique geological area in that it is mostly composed of bog or peat moss. In geological terms, Mushkeg is a soil type that is only found in arctic and boreal areas. This type of soil is also known as peatland or what is known as bog. This soil is made up of dead plants in differing stages of decomposition ranging from healthy moss to peat to decomposed muck. Some of this soil is made up of buried tree branches in decomposition. Mushkeg normally has a water table that is near the surface so it tends to be wet. In addition, types of moss can hold 15 to 30 times its own weight in water.

Mushkegs need abundant rain and cool summers to develop. Normally when a dead plant falls on dry soil, it is immediately decomposed by the actions of bacteria and fungi. If a dead plant lands in water or on saturated soil, air can't get to it and bacteria and fungi do not work as quickly. The cooler temperatures slow the decomposition down further. Eventually, plant debris accumulates to form peat and in the end, mushkeg. Depending on several factors and location, mushkeg can reach a depth of up to 30 metres (100 feet) or more.

Although this geographic surface can be an impediment to transportation, in the winter it becomes a perfect base for travelling. Imagine a giant sponge a few meters deep, a hundred kilometres across and 400 kilometres long. In the summer, nothing of any weight, including people, can be supported on the spongy surface. Travel of any sort, even walking, is impossible. We never venture into the mushkeg for long. People travel along the rivers to get from one place to another in the summer. However, in the winter, this giant sponge freezes and becomes a solid sheet of ice. Although the weather can be difficult, we Mushkego Cree find this time of year the best for travelling to distant locations and traplines on the frozen muskeg.

There is no incentive to venture into the mushkeg during the summer. There are many beautiful inland lakes away from the rivers. There are even a few near Attawapiskat but no one bothers to visit these lakes. The mushkeg does not allow an easy access to a lake. You can start sinking into the bog hundreds of feet from the shore. Even if you make it over the wet peat, millions of biting insects that live and breed in the stagnant water of the mushkeg can eat you alive.

As a young boy, my friends and I went swimming on the river in front of our community. The river was the only place to swim. No one ever dared go near the lake. A friend of mine was surprised when I explained that as a boy, I never went swimming on a lake even though we were surrounded by them.

I was happily surprised to discover that in northeastern Ontario, it was possible and even enjoyable to go swimming in a lake. As a matter of fact I have discovered the joy of swimming in easy-to-access sandy lakes that are fed by underground springs that pump and circulate pure cool fresh, crystal clean water. This is in contrast to a Mushkeg lake that is coloured by the decomposing waste of organic material and comes out reddish brown like freshly brewed tea. Usually the lake bottoms are very silty and not pleasant to walk in.

People are known all over the world by the place they come from and the land they inhabit. My people, the Mushkego Cree, come from the very depths of the wilderness in a place where water and earth mix. This mix has helped to isolate us from the rest of the world to a great degree. In fact it has contributed to ensuring that our way of life and our culture has survived. No wonder we are happy to call ourselves Mushkego.

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CLASSIFIEDS

BIRTHS – 100

Congratulations to my Best Friend/Cuz lucianne Friday and her boy-friend Victor Stephens on safe arrive of her first baby girl.(Nyra Friday born 18, 2006 in Moose Factory Ontario. Weighing 8lbs 8.4oz) Wow Lucianne I can believe you're mother now! Congrats Lucianne! With lots of love coming from your cuz Ruthann Sackaney in Kashecewan First Nation. PS. I'm here if you need a babysitter, I'll try not to charge u that much. Lol! XoxoxoxoxoLove you lots!!

To our son, Alexander McLeod and his g/friend Hannah Jane Salt. We would like to congratulate you both on your new arrival, Stewart Allen Alex, born on March 11th, 2006 in Val d\'Or, Que. It is a joy to be grandparents especially naming your son after your late grandfather.....in rememberance of him. Take good care of your little son, our son. We love you from your parents, Allen & Rita P.S.....ashaniimuugoogoo.....LOL

BIRTHDAYS – 101

I want to wish a happy 18th birthday to my niece, Terra Happyjack,on march 28/2006 and many more to come.Have fun on your birthday,take it easy,stay cool,be good,for:your Auntie who loves you and cares for you...xoxo

Attempt #2...Here it goes... Don\'t think I forgot about you two special people in Waskaganish...On March 3rd, TYLER JOHN BLUEBOY-BLACKNED celebrated his 9th birthday...Hope you had alot of fun and danced hard just like the way you did at your last party!!Also, Happy 1st birthday to my little adorable niece CHASSIDY DAISY-ANN WHISKEY-CHAN. Sorry I couldn\'t be there to see you blow our your 1st candle Chass, but I\'m sure you had fun. Wishing you both the best and many birthdays to come...Auntie Diane & your cousins OXOXOX

Congratulations to the ouje-bougoumou wolves midget \"a\" hockey team on their impressive win in Senneterre to capture the title of regional champions. We can still remember driving some of you out to Chapais early in the monring so that you could play the game you all love. Let us tell you that it was also very rewarding for us too. We were able to watch you grow over the years into the young proud men that you are today. Thank you all for all the memories and for those to come.

I would like to say \"HAPPY BIRTHDAY\" to a very special person in my life, Johnny Dixon (April 6) of Mistissini Lake,QC. May the Lord bless you in a very special way & keep you in good health. With all my love and prayer. From your wife, Stella

Sending Birthday Greetings!! To Our Brother Lucas The Goalie#30 On March 31,2006.....Love Wabaguin,Jaden And Baby Cole Enjoy Your Day!!!

Happy Birthday To Lucas Macauly<3*Celebrating His10th Birthday on March31,2006.(a.k.a)Lukie With Love Mom And Dad

Happy birthday to Patricia Ottereyes on march 17th may GOD bless you keep you and hopefully you enjoyed your day once again GOD bless you,from:Cecile Otteryes.

We would like to wish a happy birthday to Eugene Otter on March 17. We thank the LORD for watching over you through out the year may GOD bless you keep you ,from :Mom, Dad ,Tyrone ,Lee ,Ruth. LOVE ALWAYS...xoxox

Very special birthday wish going out to my beautiful neice and namesake VANESSA COLETTE JACOB, A.K.A BUNSHEE (april 6, Wask). can't believe how you've grown, I will never forget all those times, when you were little,honestly is doesn't seem that long ago, when they told me you were born and what name should I give you. I was so happy, that I got a chance to name you and especially since we shared the same birthday...lol I just wanted to wish you happy birthday and tell you that I love you with all my heart, you are a very special and unique yound girl, whose turning into a fine, young, understanding, caring and loving young women. Again happy birthday. love ya with all my heart. Fr: your auntie and namesake Barbs (Wask).

On March 27, a very beautiful, caring and funny niece celebrated her birthday. PAULETTE LAMEBOY,)WASK). Just wanted to wish you happy belated birthday, I hope you got all you wished for. Just wanted to remind you how much you mean to me and that I love you so much.Not only are you my niece,but a friend I can turn to, you understand feelings whensomeone tells you their hurt, pain and happiness, I am grateful that you a part of my world. I love you Paulette with all my heart. With lots or love your Auntie Barbs(Wask).

We want to wish our son Jaedon Christopher Keion Lane Salt A very happy 4th birthday on april 8th 2006." Washa doin' on ya butt-day ,boy? " We Love you very much ,hugs and kisses and 4 spanks on your butt ! fr: Mommy & Daddy X0X0X.

Happy Belated Birthday to Paulette Lameboy on March 27 2006 Happy 21st Birthday & many more to come.fr: your cousin in Chis, Jenn.

HEY LORE!!!....You are so Celebrating your 21ST birthday before ME!!..haha:P, YUP HAPPY BIRTHDAY AND MANY MORE TO COME BABE . : D .. always ... always remember that your my babe and I will always be here for you,and ImissyouTONS!..BIG TIME!!.From your buddy ol pal: Seqweeeeeee..oh yah almost forgot the date..well actually I did..WELL again HAPPY BIRTHDAY on March 25/2006 ..hehhe..

happy 8th birthday to our big brother tristan john snowboy on apirl 9, 2006. we love you very much,even though you make us cry all the time. have a good time on your special day and @ your party .from noah-remay & viola snowboy(whap).

Happy 2nd Birthday to Emery-John Rupert,we love you,we wish u many more birthdays to come enjoy birthday party from:Patricia,Gorodn,Tristan,Noah-Remay &Viola Snowboy.

I would like to wish my Son happy birthday his b-day will be on April 9,2006 he is turning 8 yrs old his name is Tristan John Snowboy. I love you so much, T.J. I hope you have fun on your special day wishing you many more years to come..from ur mom Patricia.M.Snowboy xoxoxoxo(Whap) .

I want a wish my friend Rebecca Matches a happy birthday on April 1st,watch out for the liars on b-day!! on APRIL FOOLS!! from your silly friend who works just across your office!! Uknow who??

Wishing my Buddy, Harry a \"Happy Birthday\"! on the 6th of April..Hope you enjoy you day! from your Lil\' buddy Kerwin xoxoxoxoxo

My Mommy & I wanna wish my daddy, Harry a \"Happy Birthday\"! on April 14/06 and many more to come! Hope you enjoy your special day as we enjoy being with you!! Love, Kersean and Leona xoxoxoxoxox

Hey Bunshee,your birthday on the 6th of April right?..\"Happy Birthday\"!! We Woof Ya!! Love from Kerwin and Kersean in Wask.xoxoxoxo

Wanna wish my FRIEND, Barbara.R.Hester a \"Happy Birthday\"!! on the 6th of April.Hope you have fun on your day and may all your dreams come true!! your Friend, Leona in Wask.

Sending Birthday Hugz & Kisses to a very special person...BEDA....shtupshken mak chii - shtupshken mak chii - shupshken mak chii bedashtupshken mak chii !!! \"Happy Birthday\" we Love You from the coolest dudes in Wask. Kersean &Kerwin Moar xoxoxoxoxoxoxo

Wishing a \"Happy Belated Birthday\"to my Auntie Naomi Weistche on Mar.28,2006 and many more to come!! With Love, all the way from waskaganish, Kersean Moar Xoxoxoxoxoxoxo

Sending Birthday Greetings across the river, our Mooshoom/Dad/Father-in-law who will be celebrating his 88th birthday on April 15, 2006 in Fort Albany First Nation Ontario. We want to let him know that we love him so much and we're thinking of him on his birthday. Love you lots and many more to come. Coming from your son Joseph Sackaney and Daughter-in-law Martha and your grandkids especially from the lil guy Nathan boy a.k.a. bucks in Kashechewan Ontario across the river.

Birthday greetings going out to my father/grandfather Abraham Snowboy on March 29. Happy birthday d many,many more. Love and kisses from Dina and your granddaughter Melissa in Mistissini xoxoxoxPS. We miss you a lot and can't wait to see you again.

On my 6th, a special young man in Eastmain will be celebrating his 3rd birthday and Jayden 'JJ' Snowboy. You are the most adorable little man I have laid my eyes on. I want to make your other Kookums jealous. You're so sweet and handsome. Love, hugs, and kisses from Kookum Dina &Mist.

We would like to send birthday greetings to Abrianna Snowboy-Fireman on April 11. She will be celebrating her 2nd birthday. Oh no, those terrible two's. I hope your birthday is as special as you are. Happy birthday and many more to come from Dina, Melissa and Richard in Mistissini. Love & Kisses.

There's someone special that will be celebrating her 2nd birthday in Chisasibi and that's my cousin Abrianna. Happy birthday and many more from your cousin Melissa in Mistissini Love u much.

A belated birthday wish going out to Jackie Snowboy, I think he celebrated his 1st birthday in Rouyn. Happy 1st birthday and many more to come. Love and kisses from Auntie Dina and your cousin Melissa in Mistissini.

Wishing a wonderful person a wonderful birthday on March 28th -Brigitte Asqua. Your birthday is a special time for thinking special things - Like how much happiness and warmth a friend like you brings. I feel blessed to have you as a friend, someone I can easily turn to for anything in any way. Happy birthday!. From your friend Stephanie G. & Felicia G.

On March 28th, Felicia Gilpin celebrates her 9th birthday. My babzie, thank you for being such a wonderful daughter, you give me so many reasons to smile. Thank you for the memories, I\'ll keep with me always. I\'m blessed to have you part of my happiest days, for inspiring my

heart and making me proud in your own special ways. Thanks for your hugs and your help and your funny humor, for letting me know you appreciate me- Thank you for showing me through the years that I\'m the lucukiest parent there could ever be. Happy 9th Birthday. I love you! You Mom: Stephanie~Jen-Jen~Gilpin xoxo

I would like to wish my big sister Cherish Mistacheesick a Happy 7th Birthday and many more to come on April 21st. With love from your baby sister Billie Mistacheesick.

I would like to wish our cuzin Annabell Erless happy 3rd birthday on april 30 2006 I love you soo much and many more to come love; your cuzin karilyn Erless from; Wask...

I would like to wish my goo gooh Daisy Erless happy birthday and many more to come on april 20 I love you soo much fr;Karilyn Erless fr; Wask..

Happy 6th Birthday to my beautiful little niece Wabaguin Bellissa Etapp on April 29/06. Once again happy birthday and many more to come, Love always, your auntie Bella (Mist).

I would like to wish my brother Trevor.S happy 5th birthday on april 30 I love you soo much and I wish you many more birthdays from; your sister karilyn Erless fr; Wask....

We would like to wish a happy 5TH birthday to our son TREVOR SHECAPIO on april 30,2006 we love you so much fr: mom & dad xoxoxo Waskaganish.

I would like to wish a happy birthday to my mom Daisy Erless her birthday is on april 20\" happy birthday!!! mom and I love you soooo much.fr:Rita.e Wask....

Wishing a happy birthday to our grandma Daisy Erless on april 20 , 2006 \" happy birthday googooh we love you !!!xoxoxo fr: Clayton,Karilyn,Jeremy,Trevor and Travis.

Rita J McLeod will be celebrating her birthday on April 30th. Your friendship over the years, I greatly appreciate.....thanks for being like an older sister to me! I wish you all the best my buddy! May God bless you and keep you in his care.\"Happy Birthday Rita\"Love in friendship, Shirley.

GRADUATION – 104

Belated congratulations to Thomas A. Bosum. Today you graduated from the Police Training from Nicolet I had tears of happiness and pride for you that, your dream, dad's dream for you, my dream for you came to pass. But I was sad I was not there to see you walking proudly to shake hands with Dad, and presenting you your deploma. In my heart I felt enormously proud of you that you made the right choices in your life.(re:past relationship) Now that you met someone else be true to her, respect yourself and her. I am always here for you we are all here for you always remember that. Don't ever look down on yourself no matter whar happens in the future and don't ever give up. The best is yet to come and keep attaining your

PUBLIC SERVICE ANNOUNCEMENTS – 400

forevermost dreams and goals.I believe in you, love always your sis. Weena

The Native Women's Shelter of Montreal now has a 1-800 number. You can now reach us toll-free at: 1-866-403-4688. Please check out the new website at: www.nwsm.info and feel free to give us any feedback.

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Open position at the University of Oregon: Assistant Vice Provost for Institutional Equity and Diversity - Native American Affairs. For more information please see website: http://hr.uoregon.edu/jobs/unclassified/index.php?type=admin&id=1112

April 20, 1986 is when my grandma Daisy Sackaney of Fort Albany passed away and I was only 6 or 7 months old when she passed on. That was 20 years ago, time passes by so fast now I am 20 years old, turning 21 in October. Picture of me amd my grandma is all I have of her. I will always keep it near me to remember her!(Sending a message for my late grandma, Hey Kookum I love you so much! Take care of my aunties/cousins up there and especially my little brother John. Tell him I said I love him so much and I'm always thinking of him.) With lots of love coming from your granddaughter/sister/niece/cousin Ruthann Daisy Sackaney in Kashechewan First Nation.

This message is going out to the love of my life. I just want to tell you that I still truly love you, and you say that you love me 2. but, sometimes it's hard for me to believe if you really do. I want you to be honest with me too and I hope you can forgive and trust me again, (you know what I mean). Your part of my life and always will. I'll always cherish the moment I spend with you even though it's just for a moment or 2. Once again I love u and miss u. From your one and only, from (W) xoxoxoxox----------

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Jaime, 26, is originally from Lac La Biche, Alberta. Her life's goal is to educate people on issues affecting Indigenous people around the world. "Living a holistic healthy lifestyle is what I strive for because it's the most honest way."
Other Inuit, First Nations and Metis youth are doing the same thing. They're making achievements in sports, in school and in their communities.
The National Aboriginal Health Organization (NAHO) is celebrating these accomplishments. NAHO is looking for Canada's top Aboriginal youth — young people, 13 to 30 years of age, who are positive role models to others.
Schools, communities and individuals can nominate their role models.
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